

Free CAM™ Programs Now until August 2022

CAM™ stands for Community Activated Medicine™ and it means that the **people are the medicine**. Our programming and services are readily available for Indigenous and underserved relatives who are victims of crime/violence. All of our programming and services have licensed counselors, providers, community healers, and advocates in our spaces to support the wellness of our relatives. These seasonal programs are a part of the "Mental Health Without Borders CAMSite" [Community Activated Medicine Provider™] model. It is an approach to community and collective care and has a intentional focus on historical trauma



Monday	Tuesday	Wednesday	Thursday	Friday
Reflections & Resilience 8 AM Facebook LIVE DOT to DC Sewing Circle 4-6 PM In-Person Resourcing & Reiki Clinic 5-7 PM In-Person  CARERS Warmline (414) 748-2592 Open Mon-Fri from 9AM to 8 PM. All calls returned within 1 business days	Reflections & Resilience 8 AM Facebook LIVE Elder Wellness Series 10 AM Private Zoom Occupational Therapy Dance + Movement 4 PM Private Zoom	Reflections & Resilience 8 AM Facebook LIVE Grief Support Circle 2-3 PM Hybrid Helpers & Healers Support 4-7 PM Hybrid	Reflections & Resilience 8 AM Facebook LIVE Gatherers of Tradition Wellness CAMP™ 10 AM In-Person LOSS <i>Layers of Suicide Support</i> 4 PM Hybrid Women Circle Book Club 5:30 PM Private Zoom	Reflections & Resilience 8 AM Facebook LIVE Children's Fire Book Club 1 PM Facebook LIVE Radical Joy 2 PM Facebook LIVE Helpers & Healers Support 4-7 PM Hybrid



#HealingInformed



#HealthJustice



#HealingMKE



#CommunityActivatedMedicine

Free CAM™ Services for Milwaukee Residents

Advocacy (Legal, Victim, and Sexual Assault)
Occupational Therapy (OT)
Individual/ Group Therapy
Culture as Medicine
Mental Health & Wellness services
Victim Crisis care + stabilization
Referrals to community resources
Cross coordination of care with tribal services

Free CAM™ Wellness Practices For MKE and WI Indigenous Residents

Aromatherapy
Brain Spotting™
EMDR
Guided Meditation
Healthy Words™
Heart Math™
Herbal Teas
Wellness Consult
OT Guided Movement
Play/ Art Therapies
Reiki
Social & Emotional Support
Sound Therapy
Zentangle



For more information or registration to our groups please contact Guinevere Duquaine at GDuquaine@HIRWellness.org or call (414) 763-5815. Otherwise reach out online at www.HIRWellness.org